

Pastor Penny's 2 Cents July 2022

Have you ever found yourself saying "I Got Nothin'?" If you are like me, probably more times than you want to admit. Life seems to hit not in 3s, but in 6s and 9s to the point that you can't catch your breath or so it seems. This can lead to major stress and burn out. Or freaked out, or super anxiety, or hair loss, or..... yeah we've all been there. So what do you do? Do you find yourself getting mad at others more easily? Do you want to stay in bed and pull up the covers? Do you make a lot more trips to the fridge and pantry? We all have ways in which we cope through those stress filled situations, most usually are not healthy ones. How many times have you caught yourself picking up the Bible to find comfort and assurance? We don't usually do that, because to be honest, we may find answers and sometimes we just want to stay in that anxious chaos. Last Sunday we were removing items from the sanctuary in preparation for Barb Perry's Memorial service and I took the TV to the communion room. Holly came in behind me and said I found this on the pew and handed me a little black screw. She said I figured you would want it before it all fell apart. I busted out laughing as I said I have my sermon title for this next week! "I'm just one screw loose from having it all fall apart!" Boy is there a sermon there. We look at the world, hear the constant news from everywhere, see the horror going on in the world and country. We feel the anxiety rise from those around us and our blood pressure starts to rise. We feel helpless, sometimes hopeless, confused, dazed, stressed and not sure of anything anymore. David said in Psalms 121 "From where does my help come from?" He struggled a lot of his life. He was constantly asking the tough questions, but he didn't leave it there. No David always answered with a resounding, "My Help comes from the Lord, maker of Heaven and Earth." David knew where to look, who to seek and where to find peace in the midst of the stress, chaos, hardships and anxiety. It was to our Lord God Almighty. The very one who knows us and calls us by name. The very God who formed each of us in our mother's womb. The God who sees and whose heart breaks at the atrocities. Jesus said in this world you will have trouble. Things will not go your way. You will have very stressful situations, days, weeks or years. You will have loss and mourning, you will have sickness, and times of hardships, but He, like David didn't leave it there. He said, "Take heart for I have overcome the world!" We serve a Risen Savior who holds the keys to Hell and death. What more assurance do we need? I know right now the majority of the world is searching and desperately looking for peace. Not just peace in the world, but peace in our country, our states, our towns, our families and our congregations. Peace is at a high commodity these days, and can seem like an elusive dream. But that is only if we are looking to something of this world to obtain that peace. Jesus said "Peace I leave you, MY peace I give to you. Not as the world gives.... Do I give. Let not your hearts be troubled neither let them be afraid." I could list all of the scriptures where we are told not to worry, be anxious for nothing, cast our cares on him. See the peace that Christ gives is one that passes ALL understanding. It is not of this world. It is a peace that transcends this world and the chaos within. It is a peace that can be made only in and through Christ and he freely offers it to those who love him. Those who call on him as Lord and Savior. It is a peace that will let you breathe again, sleep again, laugh and relax again. It is a peace that will keep your Hearts and Minds in Christ Jesus. (Phil 4:6-8)

Shalom,

Pastor Penny Schulz